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Castivens

an aged citizen of United ^{at} ~~Los Angeles~~ told me he once saw a man from New Jersey who had but 3 floots in a year & 4 months, & that he saw a Carpenter of a ship at Antigua who in a voyage of 8 weeks had no evacuation from his bowels. a sea captain ~~had but~~ had no stool in a voyage from this city to Lisbon. ^{as} supposed to be absorbed by the lactals, but not to mix wth the chyle or blood, but to pass out of the system like absorbed pers. above, by other excretaries. ~~that~~ that they sometimes pass out by the pores, is rendered probable from such persons who ^{do} ~~are~~ not discharge their feces ~~as~~ ~~afflicted~~ ~~without~~ ~~pass~~ in the natural way, emitting a perspiration & sweat which have a fecal smell. ~~discharge~~ ^{no} pain from them. After long continued ~~days~~ ~~continues~~ is general the

Costiveness

Costiveness is a relative term. Some habits require two & three stools a day, & while some enjoy good health with but one or two stools in a week. This is the case ~~with young old people;~~
and that from ~~excess~~ ^{+ while} but most people require one stool a day, & some - enjoy the office I formerly ascribed to the body, as well as habit. Such persons the absence of this ~~excretion~~ ^{is a sign} over night in every body. It is attended with pain, head Ach, & sometimes fever. The Costiveness here is a remote cause of disease only, acting upon previous debility in the muscular fibres of the bowels. —

Its causes are.

- 1 certain Aliments & Drinks, particularly Cheese, and the red Wines.
- 2 a sudden Change from a full to a low diet, and vice versa. The prisoners in our jail who are fed upon the low diet always become costive for several weeks after their confinement.
- 3 a sedentary life
- 4 an exposed situation of privies. This operates

~~minora, & that many people enjoy good health, with but one or two stools a week.~~

✓ The effects of constipation are often of a serious nature. ~~They~~ Many disorders are induced by it, not only ⁱⁿ of the viscera which adjoin the bowels, but ⁱⁿ in the brain. ~~It~~ It acts in two ways not only by distention & pressure in the bowels, but by the violent efforts that are necessary to discharge the feces after they have become indurated from long confinement, & the absorption of this thinner parts. I have mentioned ^{two cases of} constipation, and one of congestion induced by those efforts. Head aches - hemorrhoids - fistula in ano - & ruptures are often induced by them. I now attend a Gent: 1808 Tab: 10 in an inguinal rupture but on by this cause alone.

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chiefly upon women. I have heard of death being induced by constipation in a young lady in South Carolina who lodged in a house in which the common sitting room was generally occupied by gentlemen) had a window that looked in a direction with a privy. She refused the privy, for ~~she was~~ ^{she} was the died a martyr to female delicacy.

Negligence. This operates chiefly upon men of intense study, and great application ^{to business} who either do not feel, or who refuse to obey the impulse which calls them to discharge the contents of their bowels. Candybonata

Sailing. This is nearly universal. I have heard of a Captain who went to Lisbon ~~without stool~~ ^{drugs} that promote undue perspiration. Certain obstructing matters, as hardened feces, a fish bone, a nail, tow, & Candybonata from piles. Riding on horseback. The remedies for it are

1. Early rising, & exposing the body to the cool air, also thin drps ^{by} which means perspiration is thrown on the Bowels.

They are to sit for up to an hour on the pinc, and to make occasional efforts to discharge the contents of the bowels. These ^{efforts} ~~are~~ the better, ~~when~~ when they are not of a violent nature. Thus gentle purges, when drastic purges have no effect.

+ It has this advantage over all other laxative medicines, - the longer it is taken, the ^{it} ~~up~~ quantity will operate. This is owing to its insinuating tone to the bowels, which it quickens their actions. Rhubarb is the basis of Warren purging Elixir. It is ^{infused} Rhubarb in old wine with some aromatic substance, as added to it to make it sit easy upon the stomach. Gouty persons should always use this ^{purge} ~~salad~~ in preference to any other. One spoonful or two - are a dose. - ~~salad~~ ^{infused} wine taste preferable.

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The common laxative pills that are sold in the
shops. They ~~too~~ irritate a greater range of
the bowels than is necessary barely to open them,
& thus bring healthy parts into sympathy with
them. ~~It also forces the mucus only in the larger~~
~~parts~~ ~~up beyond~~ ~~the~~ ~~bowels~~ ~~and~~ ~~of course~~ ~~those~~ ~~medicines~~
a natural state only

V The bowels are in ~~a healthy state or~~ ~~the~~
when the ~~bowels~~ ^{four} following circumstances
occur. in 1. One stool a day, & in the
morning. 2 no wind preceding it, 3
the stool neither liquid, nor very solid,
of a bilious color, and a fecal smell.
"bene olorata - bene colorata" & 4 not
cut into fragments. It throws irritation
on some one of the bowels.

6
If only ~~when~~ should be selected which operate
upon them. Glycerin made of any gently
stearinating ingredients or molasses or
of simple waters are very useful in
discharging the contents of the lower bowels.

5 By using a clozen stool in a warm room
in cold weather. The sedative action of the
cold by contracting the rectum often checks
a stool. Tonics as Sulphur, Candy, &c. &c. to obviate such
accidents. as it often depends

6 By avoiding all the occasional causes of
constipation - especially those with a tendency
to impede the conduction of the stool.

7 If indurated feces obstruct the rectum
so that they cannot be discharged by the ordinary tract
they should be removed by a scope contrived
for that purpose. If other ^{obstruct the rectum} matters they
should be removed by the fingers, or a
forceps. If Candy or maza, they should be
extirpated by a ligature, but never with
a knife, or Scissors. — go to p. 7th 9.

18. 8 This constipation often depends upon a torpor
of the bowels this should be excited in the
intervals of taking opiumine medicines by
Bark - Steel - and other tonics. Garlic -
Onions & mustard & horseradish -
have been found very
useful for this purpose. V go to p. 7 9.

Under this head I shall mention

These do not in order to induce them
as wished for effect, it is only necessary for
them to dissolve the feces - but where there
is a torpor of the bowels the activity of the
Glysters may be increased by ~~water~~ adding
a little Salt to the water, or by injecting so
much simple water as that it shall act
by ~~them~~ distending & thus gently stimulating
the bowels. While purges of all kinds act
upon the whole intestinal Canal, and thus
often derange the offices of the Stomach & Liver,
Glysters act only upon a small portion of
them; and that portion the least disposed to
be injured by them. They only aid its na-
tural office.

7. ~~Suppositories~~ often supply the place of
such laxative medicines & Glysters in remo-
ving Costiveness. They may be made of Wax,
Soaps, or Alum according to the degree of
Stimulus the ~~introduction~~ of the butum
may require. ~~they~~ ^{to} ~~over~~ back to

A very distressing symptom (or bowel disease),
 and that is flatulency - or a constant in-
 clination to "break Wind" to use a common
 expression. It ~~occurred~~ is often so troublesome
 as to ~~keep~~ compel persons to have com-
 pany, and sometimes to prevent their
 going into company. It ~~often~~ ^{Sometimes} accompanies
 constipation, but I have met with it in
 regular bowels - It occurs chiefly in gentle-
 & hysterical habits. The Remedies - are
 solid diet - well cooked, - toasted bread, -
 - ginger tea - Horseradish - mustard - and
 Vinegar. ^{spil of amber.} - If accompanied
 with constipation - ~~take~~ the Remedies for
 it should be combined with the above
 medicines.

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9th Standing with bare feet upon a cold marble slab, or putting the feet for a few minutes into cold water has in some instances ^{caused} ~~caused~~ ^{them} an insidious action to the bowels, & thus gently opened ^{them} The effect of this remedy depends upon the sympathy between the soles of the feet and the bowels. ~~the feet~~
Often so this is evident from cold feet so often inducing the colic.

10th Where there is reason to believe Costiveness arising from a languor in the liver in secreting, or pouring forth bile, rubbing the right side for a few minutes with a dry hand every morning has been found useful.

O all the ^{go want to} causes of Costiveness should be carefully avoided - especially red Wines - Cheese - and in some people milk.
return to P: 5-^{11. 11.}